

# January 2015

## Secondary Physical Activity Calendar



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>SHAPE America recommends school-age children accumulate at least 60 minutes and up to several hours of physical activity per day. Each bout of physical activity should be followed by cool-down stretches that help reduce soreness and avoid injury. Happy exercising!</b>				<b>2</b> <u>Long Arm Crunches</u> 4 sets of 20 Do crunches with your arms straight out in front of you.	<b>3</b> <u>Preacher Curls on Physio Ball</u> Lean forward with knees on the ground and chest on the ball. 3 sets of 10 biceps curls	<b>4</b> <u>Physio Ball Leg Curls 4 sets of 15</u> Lie on your back and put your heels up on the physio ball.
<b>5</b> <u>Body Weight Jump Squats</u> 3 sets of 20	<b>6</b> <u>30 seconds of each 3 times through</u> Jumping Jacks Mountain Climbers Burpees Step-ups	<b>7</b> Get an exercise DVD and do it with the whole family	<b>8</b> <u>In and Outs</u> Alternate between close grip push-ups and regular pushups each time. Try and do 10 in a row. Can you do 3 sets of them?	<b>9</b> <u>Stairs</u> Jog up and down a flight of stairs for 20 minutes without stopping.	<b>10</b> <u>Back – Lat Pull Downs</u> 3 sets of 12 Biceps – Alternating Hammer Curls 3 sets of 12	<b>11</b> Grab a friend, go to the track and see who can run a mile faster
<b>12</b> <u>Standing Overhead Dumbbell Press</u> 3 sets of 12	<b>13</b> <u>Sprints</u> Start at yours and sprint the length of three mailboxes. No mailboxes? Use buildings.	<b>14</b> <u>Up, Up, Down, Downs</u> Using a step, see who in the family can complete the most step ups in one minute.	<b>15</b> <u>Close Grip Bench Press</u> Put your hands closer together on the bar and bench press.	<b>16</b> Jog, walk, or run for 30 minutes on a treadmill	<b>17</b> <u>EZ Bar Biceps Curls</u> 3 sets of 10	<b>18</b> 4 sets of Russian Twists w/ a Physio Ball
<b>19</b> <u>Rear Dumbbell Raises</u> Bend at the knees and spread your arms lifting dumbbells with your back.	<b>20</b> <u>Basketball</u> Weather permitting, get some friends and play a game of basketball at the park.	<b>21</b> Split up the chores and see how fast your family can do the dishes, vacuum, dust and clean up everyone's rooms.	<b>22</b> <u>Triceps Dips</u> With your hands on a bench and your feet on a chair	<b>23</b> <u>Jump Rope</u> As fast as you can for one minute, rest 1 min, repeat 5 times	<b>24</b> <u>Back: Standing Dumbbell Rows – 3 sets of 12</u> <u>Biceps: Reverse barbell curls - 3 sets of 12</u>	<b>25</b> <u>Up Hill Sprints</u> Find a hall, sprint up it, jog down it, repeat 10 times.
<b>26</b> <u>Split Squats W/ Dumbbells</u> Do 10 squats from a lunge position. Switch legs out front and repeat.	<b>27</b> <u>Distance Run</u> Test yourself. See how long you can run without stopping.	<b>28</b> <u>Side Plank Competition</u> See which family member can hold a side plank the longest.	<b>29</b> <u>Incline Bench Press With Dumbbells</u> 3 sets of 10	<b>30</b> Compete against a friend to see who can complete 50 burpees, 50 crunches and 20 push ups first.	<b>31</b> Teach a family member how to do burpees. Then challenge them to see who can do more in 30 seconds.	<b>1</b> <u>Skull Crushers</u> Lay on your back holding an EZ bar. Lower the bar until it's close to your head. Use your triceps to lift it back up.